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REVIEWER'S REPORT

Manuscript No.: IJAR-57197

Title: PSYCHOLOGY OF STRENGTH: MENTAL TOUGHNESS ACROSS CONFLICT AND PERSONALITY DIMENSIONS,

Recommendation:
Accept after minor revision

Rating	Excel.	Good	Fair	Poor
Originality		✓,		
Techn. Quality		✓,		
Clarity	✓,			
Significance	✓,			

Reviewer Name: Dr. Bilqees Hamza

Detailed Reviewer's Report

The research article titled "The Psychology of Strength: Mental Toughness Across Conflict and Personality Dimensions" provides a compelling quantitative analysis of the psychological architecture that underpins athletic performance. By investigating the intersections of the Big Five personality traits, conflict management styles, and mental toughness (MT) among 154 young athletes, the study moves beyond the traditional view of "grit" as a singular trait. Instead, the author presents it as a dynamic construct shaped by emotional stability, social orientation, and the tactical way individuals navigate interpersonal friction.

The narrative begins by framing mental toughness as a multi-faceted asset involving perseverance and passion for long-term objectives. The author expertly situates this "psychology of strength" within the high-pressure environment of competitive sports, where physical talent is often held constant, leaving mental variables as the primary differentiators of success. A significant strength of this introductory section is the integration of R.W. Connell's concepts and established psychological frameworks like the Big Five, which provides a robust theoretical foundation for exploring how athletes maintain focus amidst the "distractions" of interpersonal conflict.

A primary finding of the research—and one of its most detailed sections—revolves around significant gender differences in personality and performance metrics. The author reports that male athletes in the sample tended toward higher levels of extraversion and a "competing" conflict management style. The analysis suggests that this combination facilitates a proactive, dominance-oriented approach to both social

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interactions and athletic challenges. Conversely, the finding that female athletes exhibited higher levels of neuroticism and emotional sensitivity provides a nuanced look at the psychological "load" carried by different competitors. The author handles this distinction with academic rigor, suggesting that while sensitivity may increase the perception of stress, it does not necessarily preclude high performance, provided that mental toughness is cultivated as a compensatory mechanism.

The discussion on conflict management—using the Thomas-Kilmann Conflict Mode Instrument (TKI)—is particularly insightful. The author evaluates how "control" and "competitiveness" serve as both personality traits and strategic choices. The study reveals that mental toughness is not merely about enduring pain but about the "control" dimension—the ability to remain emotionally stable and assertive when facing opposition. By correlating the "competing" mode with high mental toughness, the author highlights a critical link between how an athlete manages a disagreement on the sidelines and how they handle a deficit on the scoreboard.

Furthermore, the paper addresses the role of the "Big Five" in predicting resilience. The author's evaluation of "conscientiousness" and "agreeableness" (or the lack thereof in competitive settings) adds a sophisticated layer to the narrative. The study effectively argues that mental toughness is a "negotiated" state; it is the result of an athlete's innate personality interacting with their learned ability to manage stress. This section underscores a vital point for sports psychology: interventions should not be one-size-fits-all but must be tailored to the specific personality profile of the athlete, particularly regarding their levels of neuroticism and extraversion.

In summary, this article offers a profound and data-driven inquiry into the mental life of the modern athlete. It successfully bridges the gap between general personality psychology and the specific demands of the sporting arena. The author's ability to link gender-specific traits with conflict resolution strategies makes this a significant contribution to the fields of sports science and behavioral psychology. It is an essential read for coaches, sports psychologists, and researchers seeking to understand the "invisible" factors that allow certain individuals to thrive under pressure while others falter.

Recommendations for Minor Revisions

Methodological and Statistical Clarity

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- **Operationalizing "Grit":** The abstract uses "Mental Toughness" and "Grit" almost interchangeably. While related, the paper would benefit from a brief paragraph in the literature review distinguishing between the two—specifically, how the "Mental Toughness Test" (MTT) measures dimensions that might fall outside the standard definition of grit (such as "Control").
- **Effect Size Reporting:** While p-values are mentioned ($p \leq 0.05$), the inclusion of effect sizes (like Cohen's d) for the gender differences in neuroticism and competing would allow readers to understand the practical magnitude of these differences beyond mere statistical significance.

Content and Discussion

- **Age Range Nuance:** The study focuses on athletes aged 18-25. A brief discussion on how "developmental maturity" in this age bracket might influence conflict management (moving from "competing" to "collaborating") would provide a more longitudinal perspective on the findings.
- **Sport-Specific Variables:** The article treats "athletes" as a homogenous group. Briefly mentioning whether the athletes were from individual sports (e.g., track) or team sports (e.g., football) would add a valuable layer to the analysis of conflict management, as team dynamics often necessitate different resolution styles.

Structural and Technical Elements

- **Visual Data Presentation:** The results section is dense with text. Including a simple table comparing the Mean and Standard Deviation for males and females across the significant dimensions (Extraversion, Neuroticism, Competing) would make the core findings immediately accessible to the reader.
- **Bibliographic Update:** The author cites foundational texts like Lazarus & Folkman (1984) and Eysenck (1967). Incorporating more recent meta-analyses on mental toughness (2020–2024) would demonstrate that the study is positioned within the most current debates in the field.

Recommendation: Recommend for publication with minor revision.